

Acquiring Grace Is Easy And the Course Is Simple

WHEN one has gone through an elaborate experience to bring about a desired end, it is often found that a simple course would have answered the purpose much better.

A well-known Englishwoman of title, who was with the Joseph Chamberlains at Aix-les-Bains, was asked how she retained her youthful figure and suppleness. The reply was:

"My reasons for being slender are such reasonable ones they would scarcely interest any one. When I realized my hips and waist were growing larger, and my neck settling into double lines, I looked about for a remedy. I found it in my dressing room, and I exercised with it ten minutes each morning. Now my proportions are as they were when I was eighteen, and I shall keep them so."

Simple Health Method.

The apparatus used for promoting grace, renewing youth, and destroying weight was a wardrobe. The Englishwoman stood with knees together, head well up, body entirely erect, facing the instrument of beauty-giving properties. She raised her hands from her sides gradually in a circular way, elbows stiff and fingers straight until they approached the wardrobe, the top of which was four inches higher than the tip of her middle finger. She repeated this exercise for ten minutes, each time endeavoring to get nearer the top. Gradually, as the flesh disappeared, and better action of the muscles followed, the distance was lessened, but the struggle to get to something higher than she could reach still went on. In the absence of a wardrobe, a mantle or a cupboard or possibly a door might be used as acceptably brought into service.

All of which goes to show that it is not at all necessary to have swimming pools and gymnasiums in the home in order to secure physical development or a requisite increase or decrease in weight. Neither is it essential to accomplish the hoped-for results through violent exercising, exhausted muscular force, and undue nervous activity.

Exercise Makes Grace.

The billiard cue in the hands of the woman of wealth, or the dust cloth and broom under the guidance of the housewife, are training schools in grace and agility. Add to these the athletic arts, fencing, or the usually available stair-climbing, teach the muscles to be responsive to the will and temperament, and the individual will achieve the result for which she is seeking.

Before one can hope to get any great amount of good from physical training there must be a certain amount of careful regard to diet. One hour

of unpleasantness caused by over-eating will frequently undo the work of six days. One hour more than the seven allotted for sleeping will unquestionably play havoc with the whole system.

When an athlete goes into training he makes a habit of eating with results, and he takes up each task with determination, studying its effect in detail, by concentrated thought, and work to get himself into the desired condition. He knows if he is careless and indifferent in his training his muscles or prize-money will be awarded the man who shows better form.

Adhere to Rules.

If a woman seriously wishes to reduce her weight she may do it by adhering strictly to the rules that govern the change. It will not be expected of her that she tire herself completely out, that she strain every muscle or twist every ligament in her first attempt.

This often has the disastrous consequence of keeping the victim in bed a day or two while she recuperates, and incidentally adds from three to five pounds to her avoirdupois total. Neither will it be required of her to go without water, suffering the pangs of thirst while her organism is constantly being clogged up until the turns in agony for relief to patent medicines or family doctors.

Granted her digestion is good and that she has regulated her life, making it as normal as environment will permit, the woman of sedentary habits, who has seen the flesh creeping up her sides, has only sat and watched, can profit by these suggestions:

System to Follow.

Keep all the fresh air possible in the house, summer and winter; lie on the right side at night, with legs straight, and the arms raised above the head. Upon awakening in the morning, get up at once, drink two glasses of water, stand erect, head up, stomach in, heels together. Take eight or ten long breaths, expanding the lungs, and allowing the fresh air to reach every cell, but always contract the muscles before the supply of air is exhausted. Take a tub, with a temperature of ninety-eight degrees, rub down briskly with warm alcohol, put on the corset as it is to be worn for the day, eat breakfast, which should consist of fruit, toast well cooked through, tea or coffee, but no water. Of course, there is no objection to an egg, bacon, or broiled fish. One hour or a little later following breakfast two more glasses of water should be drunk. This drinking should continue at intervals throughout the day, excepting the hour before and after meals, until fourteen glasses have been consumed.

There is no reason why the benefits of a cure cannot be experienced at home and at a cost which is not excessive. The laws of hygiene, eats consistently, drinks water generously, and gets into the open whenever there is an opportunity.

Hot House and Home Grown Vegetables Plenty

Several vegetable commission houses found themselves confronted by an unusual situation today. They received fairly large shipments of hot house tomatoes, and at the same time, were supplied with more home-grown tomatoes than in several days. The former represented the greater cost of production, and were of good quality, but the home-grown also were of good quality, and cheaper.

It is the first time in several years that such a large quantity of home-grown tomatoes have been on the market this late in the season, when hot-house products begin arriving. Florida's shipments of spring vegetables were added to today by liberal consignments of string beans. There was a big demand for the vegetable, and the shipment was placed readily.

Tangerines are now arriving from the Peninsular States, and are of quality that compares favorably with the orange and grape fruit shipments.

EXPRESSIVE MOUTH IS AID TO BEAUTY

The mouth is the most expressive feature in the face.

No matter how plain she may be, the woman who is kind and sympathetic in the best sense rarely has a homely mouth.

And the most beautiful face in the world, to start with, may be marred by a mouth that expresses discontent or hardness or perverseness.

We all know this in a general way, but few of us deliberately look into the mirror to observe, with a cold and impersonal gaze, the state of our own mouths.

More external, but equally destructive in its effect upon the beauty, is the habit of grinning, or, in self-manner, the mouth or make ugly lines around it.

If you do this you are reminding you until you have broken of the habit. The habit of going about with the mouth open is bad one. When alone, reading or sewing, make a special effort to remember to keep it closed.

A Cupid's bow is nice to have, but a mouth that expresses strength and sweetness is a more lasting and should be a more valued possession.

The lines about the mouth that come from happiness, from smiling, are seldom unbecoming.

Fet Will Predominate As Trimming for Gowns

Jet promises to be the predominant note this season. Jet trimmings on gowns, jet buttons on coats and jet ornaments on hats are only a few uses to which it will be put. Jet ornaments are even now extremely scarce.

All sorts of neckwear will be worn in this becoming tone. Long chains of beautifully cut beads in graduated sizes extend below the waist line, and worn with a pendant in carved jet over street and evening costumes. These pendants are sometimes in the shape of crosses, heart shaped or round lockets, and often of the shape of tassels formed of many minute beads.

The dog collars of jet are more popular than ever with the low Dutch neck gowns, and look equally well worn over lingerie waists to keep the tall collars close to the neck. La Vallieres of jet are worn in profusion, and combinations of cut and dull jet are among the pleasing novelties.

Bracelets will be worn more than ever over the tight-fitted long sleeves and with the three-quarter effects which are making their appearance for dressy wear.

EXPRESSION IS LAW OF MAN'S DAILY LIFE

Some one has said: "Man is differentiated from the lower animals in two great physical respects: he can stand erect and has the power of speech, and on two things does man do worse."

Speech is one of the greatest blessings bestowed upon man. Expression is the law of life, and while we find many beautiful forms of man's expression in the face, every one has the art instinct, and the voice is the natural medium for man's highest form of expression.

The responsibility of speech is one we take lightly, yet no power we possess is so great an influence over our lives and the lives of others. We have all been made happy by the utterance of a single word, and we have all felt the longing of a lifetime "to kill and bury that half-minute speech."

Speech is our conscious form of expression, and is under our control. While every attitude and movement express something of a woman's mental or spiritual state, it is what she says to the world through the medium of her voice for which the world holds her responsible. It is the little word—only a monosyllable—that decides her destiny. Who can tell how great an influence voices have upon us?

The Bedtime Story.

Published for mothers who wish to read to the youngsters while they are tucked away for the night.

THE LOST SON.

SYNOPSIS OF STORY PRECEDING. An envious cook steals the queen's son because he possesses the power of obtaining everything for which he wishes.

To hide the guilt the cook tells the king that the queen fell asleep and allowed the child to be slain by wild beasts. The queen is then imprisoned in a tower, but the cook, becoming frightened, decides that the child shall die by the hand of his little girl playmate.

THE poor child begged him not to ask her to do such dreadful thing; but he said: "If you disobey me it will cost you your life."

So she went away; but in the morning she had not done the wicked deed; "I could not do it," she said, with tears; "why should I take away his innocent life, for he has never injured anyone."

"Very well," he said, "if you don't kill him tonight, you shall die yourself." Then the poor child went out in the dark, and was obliged to kill a little fawn and take out its heart and tongue to show to the wicked man that he might think the boy was dead.

But he was in the room when the man came in and still alive concealed under

the bed, and when he heard what the wicked man said, he thought to himself, "You old sinner; now as you wanted to kill me after all the good things I have obtained for you, I will pronounce your fate."

Instantly he wished that the cook should be turned into a large black dog, which should be fastened up with a golden chain, and have only ashes to eat, and as he uttered the wish in a low tone, it was immediately accomplished, and the wicked cook became a fierce black dog, who could, however, hurt no one because he was always chained up.

The children, after this, remained for some time at the castle alone, but at last the boy began to think of his mother, and to wonder whether she was still alive. He said to the maid, "I should like to return to my fatherland; will you go with me? I will provide for all you want."

"Ah," she replied, "it is such a long way, and what will become of me in a strange land where I am unknown?" So as he saw she could not bear to be separated from him, he wished that she might be changed into a beautiful carnation, and then he placed the flower in his coat and took it with him.

Continued Tomorrow.

NATTY BOX-PLATED FROCK FOR GIRL

Cost of This Garment In Two Materials

IN SERGE.	
3½ yards Serge, 44 inches wide, 75c yard.....	\$2.82
One yard Silk for folds.....	.50
¾ yards All-over Lace, for yoke, 75c yard.....	.38
2 buttons.....	.10
Total.....	3.81

IN BLACK AND WHITE SUITING.	
3½ yards Black and White Suiting, 40c yard.....	\$1.85
One yard Red Serge, for shield and folds.....	.50
2 buttons.....	.10
Total.....	2.45

Daily Fashion Talk.

The kindergarten kiddie just as she is about to rise to the dignity of going to a "big girl's school" will appreciate mother's thoughtfulness in providing her with a natty little frock as the one pictured. The simplicity of its lines is not the least satisfactory thing about the model. Evolved from a checked material with trimmings of plain goods, the little garment will prove both becoming and modish.

A specially new feature is the wide square collar which includes a hand-embroidered shield of handkerchief linen. The closing is made at the side, and the blouse and skirt, fastened together, give all the comfort of the one-piece suit, since it can be readily slipped on or off. The belt in its pointed front portion marked with buttons is a novel touch.

Especially dear to the small wearer will be the little pocket which serves a good purpose as a trimming. Half a dozen good combinations are possible to the woman who has an eye to the picturesque and appropriate in children's wear, but possibly nothing more serviceable could be worked out than a black and white check with facings of hunter's green or artillery scarlet. Any number of changes, too, may be rung on the shield, which may be of silk or embroidery or of the contrasting cloth embellished with some design picked out in bullion.

This is a May Manton pattern, No. 6481, and may be had at Goldenberg's.

FRANCES CARROLL.

Crepe No'm Traveler's Boon

A new fabric that is making life easier for travelers and women who do their own laundry work is Japanese cotton crepe.

It can be bought by the yard, where formerly it came over here only in waists and made up, or pattern robes.

The crepe comes in white and colors, and has the advantage of needing little, if any, ironing.

For useful little waists for the traveler there is nothing more satisfactory for this reason.

If worse comes to worse, such a waist may be washed out in a bowl, dried before the window, pulled into shape and put on.

Cherry and plum blossoms with half conventional foliage are worked on such waists in Japan in something not unlike the much used Wallachian stitch, which is buttonholed from a center of a flower or along the vein of a leaf. White work on blue and other shades is a great deal used.

Answers to Inquiries From Readers of The Times

Thanksgiving Decorations.

Miss E. G. C.—An inexpensive and attractive decoration for a table at a Thanksgiving entertainment, if one wishes something to typify the season, is made by following out a great yellow pumpkin, polishing it a bit in spots, and lining it with leaves of the palm or by crapes, why not employ a "seer" and have her discuss the prospects of the guests? This done, such as a cream mint and some sandwiches of all sorts, an ice, some small cakes and bonbons, and a good punch for the remainder of the guests. A good fruit cake in celebration of the national feast, would be found acceptable. Coffee, elder, or a good punch if you so desire.

Thanksgiving Menu.

Mrs. H. C.—A palatable menu for a Thanksgiving dinner follows: Cream of beet soup, roast turkey or geese, cranberries served in individual molds, mashed potatoes or potato au gratin, scalloped tomatoes, oysters, creamed and served in rolls which have been hollowed out, buttered and browned in the oven before being filled with the oysters. A tart sherry and a light and refreshing salad, such as a grapefruit cut into sections and covered with a highly seasoned French dressing an hour before serving in a nest of lettuce leaves, should be provided, and instead of crackers and cheese, pass salted wafers, buttered sprinkled with paprika and parmesan cheese and browned in the oven. Mince and pumpkin pie are sacred to the day, and the dinner is well topped off with some cream mints and a tiny cup of black coffee. If a fish course a bit out of the usual is desired, lobster fared is a good selection.

In these days of dietetic reform the national bird is by some considered too heavy a food, in which event squabs may be substituted.

Complexion Masks.

Mrs. R. A. C.—I know of no place in Washington where complexion masks may be obtained, although some of the local establishments, where massage is given may have them for sale. Numerous shops in New York carry the articles you desire.

KEEPING CLOTHES IN SHAPE NECESSARY

It is one thing to get good clothes; it is quite another to wear them well and to keep them good looking.

When material is selected with great discrimination, style chosen with special reference to fitness, design accepted with an eye to becomingness, when the finished costume comes home—a work of art, a dream—that is not all.

A woman, to be always fitly and well groomed, has more to do than merely to select, plan, stand for fittings, and accomplish all the rest of the strenuous work consequent upon the semi-annual repletion of her wardrobe.

She has got to care for these clothes once she has acquired them, and it is a task-up which woman has the more arduous occupation—the woman with a gown or the woman with a suit.

It is the little word—only a monosyllable—that decides her destiny. Who can tell how great an influence voices have upon us?

NEW GARNITURES HELPFUL TO DRESS

Blessings in out steel, embroidery, lace, and braid are the garnitures which may be had nowadays in the shops. By their aid the average woman may have all sorts of swaggy looking frocks and bodices at small cost.

These garnitures are so shaped that merely placing them on a plain frock works an instant transformation. Little wonder that they are proving a great boon to women who make their own gowns, those who employ a dressmaker to come to the house, or those who purchase ready-made dresses of simple description.

CAN YOU BEAT IT?

She-Isn't don't see why you should hesitate to marry on \$3,000 a year. Papa says my gowns never cost more than that.

But, my dear, we must have something to eat. She (petulantly)—Isn't that just like a man. Always thinking of his stomach. Transcript.

MUSICAL VOICES EASILY ACQUIRED

A simple exercise to control the outgoing breath—the breath with which we speak—is taking a deep breath and letting it out as slowly as possible on the syllable "m."

The resonance in a voice which gives it a musical quality may be increased by prolonging the sound of "m," "n," "l," until they seem to vibrate like the notes of a tuning-fork. When a woman can control the organs of voice production (especially the diaphragm), we find not only a better voice, but more dignity of speech.

The last physical requisite for a good speaking voice is health, which is materially helped by the simple training for deep breathing and relaxation. Illness shows in the voice at once, weakness, and fatigue are quickly reflected in the voice, and we all know the voice of the chronic invalid. The woman who lives much out-of-doors, who gets the breath of life from the hills and woods, brings into the house a voice of peace and good cheer.

Winners of Hidden Contest To Be Announced Tomorrow

THE contest closed yesterday at 3 o'clock, as usual, and today the names of the three lucky winners are quietly tucked away in my desk ready for tomorrow's announcement of the awards.

Not in a long time has such a jolly journey been made, and as an evidence of the good feeling that animates the travelers regardless of success or failure, read this:

My dear Miss Carroll: I am rather late sending in my answer, but it is so long since I studied geography I have forgotten a great deal, but I am not expecting a prize. It will not make much difference. I thought I must tell you how much I enjoy The Times puzzles. This one worried me, but I finally got some answer to them all.

Trusting you will keep them up, I am respectfully,
November 11.
MRS. H. E. TAYLOR.
816 B St. S. W.
Of course, we all know somebody has

got to lose. The only thing about this puzzle business I regret is the weekly necessity of having so many losers. Time without number, dozens of lists have been submitted, correct to the slightest detail, but the winners got in first or they had the most attractively arranged solution of the nearest list, and to them, of course, by the rules governing the contest, go the trophies.

To be sure each puzzle has an equal opportunity, and even puzzle, too, may derive a considerable benefit from the puzzle chase aside from the amusement he takes in working out the problem. So generally attractive have the cities proven, I am tempted to make another group for the puzzle for next week.

Hidden rivers, too, is a good looking puzzle which bobbed up recently, so, possibly, as a last minute thought, the rivers may go before the readers of the Woman's Page. However, a specific announcement with the new puzzle will be as usual be a feature of the Sunday edition of The Times, so watch out for it and be prepared to set off early on your quest of adventure.

FRANCES CARROLL.

French Consider the Demi-Toilets More Dressy Than Regular Dress

Restaurant—and by the same token, theater frocks are what the French woman calls demi-toilets, which means something more dressy than the simple princess dress worn in the street, yet not formal to the point of being a toilet which will be donned for the opera or important social functions later in the season.

A majority of the women at the races about this year wore skirts in trotteur length, even when the general style of costume was quite elaborate, and while American women have been palmierly holding up bothersome trail-

ing skirts all summer, the happy Parisienne in most cases has tripped blithely about in skirts that showed her silk clad ankles.

This Parisian fancy for short skirts is having an effect on fashions here, the trains of which are noticeably shorter. Possibly, as a result, from the eternal black and white combinations, red promises to be a prime favorite; not an elusive berry of fruit red either, but an unvocated, frank scarlet, which flames forth in a vivid note of color on somber frocks.

This dashing touch of scarlet has been introduced by the couturiers in embroidery, pippings, and even in voices and gumpies of tucked chiffon and net.

FIGURES IMPROVED BY PROPER SITTING

Girls who wish to cultivate a graceful figure must not only hold their shoulders well back, but must also sit properly. The easy way of sitting in a chair often detracts from natural trimness and smartness, and a cramped position often brings on a "dumpy" effect.

A woman should sit in a chair until the back prevents the figure from advancing another inch, as this precludes putting the weight about three or four inches from the tip of the spine, a common habit among the careless.

A girl who sits at work all day may do something toward keeping her figure neat by trying at frequent intervals to make her elbows touch each other behind her back. At first she will not succeed, but the effect will be to raise her chest and straighten her spine.

EMBROIDERY MAKES BABY THINGS DAINTY

Bibs and shoes make always charming gifts for infants. A new bib is pointed and attached to a beading of embroidery which runs around baby's short waist. This ties in a ribbon bow at the back. The bib is daintily worked with embroidery and edged with lace, and it is fitted with a little quilted pad which may be bought and attached. The ribbon is withdrawn for laundering, and the bib keeps the bib down without the use of pins.

Little first shoes, too, are attractive and are easily fashioned from pique. They should be feather-stitched and edged with lace, and they may be made on the side or front with tiny flat buttons or wash-ribbon strings.

CHILDREN HAVE COLLECTING CRAZE

Older boys and girls are sure to have a craze for collecting things, and take the greatest pleasure in arranging this collection in their own rooms. This desire should be respected and encouraged.

The countless "decorations" mean an immense amount of labor to keep in good order, but a bargain should be made.

Girls should be allowed to decorate exactly as they please, provided they take care of their own rooms. The same privilege should be granted to boys, providing they give some service in return for the care of their rooms.

Matrons Should Be Careful Of Combinations of Colors

Some of the most important things for the matron to consider are the laws of proportion and the true combinations of color.

The older woman cannot, after once having mastered these, make three glaring mistakes that would indicate a persistent desire to stay young.

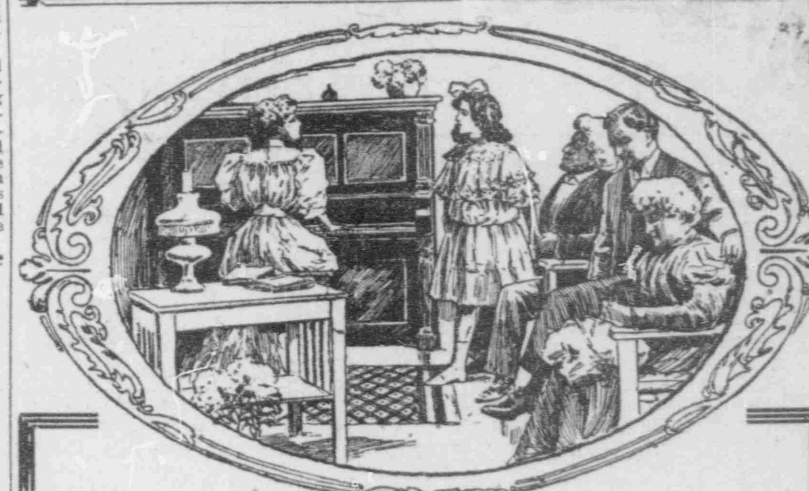
The matron, however, of proportion and color are no light tasks, particularly after having grown used to fish in some easy fashion that the lesser years allowed.

Help is always at hand for those who are responsive, and in this age of learning and yearning only the very aged fail to respond.

First, if built on generous lines, why not begin by avoiding the skimpy lines and the large patterns? When you are pulled into too tight garments the bulging appearance serves but to add to the elderly and overstuffed effect.

A bad effect is not reduced, but heightened, by the picking up of every odd length of ornamental band and trimming within the range of vision and the applying of it to all the least likely places on the garment. The gar-

land is an elderly look because, unfortunately, it has been a time-honored custom of the matron to "bedeck" a gown replete with odd elements built upon same at various times and to reduce the gown to a mere patchwork of the old and new.



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